



COMMUNITY NOTICE

For Immediate Release:

Seskéha/August 26, 2023

COMMUNITY HEALTH PROGRAM PROVIDES UPDATE ON COVID-19

The Community Health Program is providing the community with updated information regarding COVID-19. An increasing number of cases of COVID-19 have been reported in the surrounding communities of Akwesasne.

IF YOU'RE FEELING SICK, STAY HOME

If you are feeling sick or having COVID-19 symptoms, stay home to prevent transmission to others. You should only leave your home to seek testing or medical care, if required.

You should stay home until **ALL** of the following apply to you:

- *Your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting, and/or diarrhea)*
- *You do not have a fever*
- *You do not develop any additional symptoms*

If you've experienced symptoms and your symptoms are improving, and you are no longer isolating at home, the following can provide extra protection against the spread of COVID-19 and other respiratory viruses circulating in the community. **For 10 days after your symptoms started:**

- *Wear a tight-fitting, well-constructed mask in all public settings*
- *Avoid non-essential activities where you need to take off your mask (dining out, attending gatherings, etc.)*
- *Avoid non-essential visits to anyone who is immunocompromised or may be at higher risk of illness (seniors, etc.)*
- *Avoid non-essential visits to highest risk setting in the community, such as hospitals and long-term care homes*

To complete the COVID-19 self-assessment, please visit www.ontario.ca/self-assessment.

For more information on How to Self-Isolate, please visit www.publichealthontario.ca.

Please continue to wash your hands often and to cover your cough/sneeze to avoid the spread of germs and viruses.

If you have any questions, or require more information, on COVID-19, symptoms, or self-isolation, please contact the Community Health Program at 613-575-2341 ext. 3220.